

GAZETTE

Saturday, August 29th

10:30 Rummikub **AR**

6:30 *Movie: Big Fish* **TV 971**

Sunday, August 30th

2:00 Chapel Service **MC/TV**

6:45 Chapel Service Rebroadcast **TV 971**

Monday, August 31st

10:00 Good Company Visits **RM**

2:00 Words in Words **AR**

3:15 Relaxing on the Porches **PP/MP**

Tuesday, September 1st

10:30 Group Exercise **AR**

11:00 Devotional Gathering **AR**

2:30 BINGO **AR**

Wednesday, September 2nd

10:00 Coffee/Tea & Conversation **AR**

11:00 Virtual Trip down Memory Ln **AR**

2:00 Botanical Art Project **BT**

Thursday, September 3rd

10:30 Group Exercise **AR**

11:00 Name That Tune **AR**

1:00 Activity Packet Delivery **RM**

1:15 Manicures **RM**

2:00 Movie Watch Party **TV 971**

Friday, September 4th

10:30 BINGO **AR**

2:00 WWII Memoir Program **BT**

LOCATION KEY

MAGNOLIA SPRING (2ND FLOOR) • POPLAR PEAK (3RD FLOOR)

TV - Channel 971
AR - Activities Room
PFR - Poplar Family Room
PLR - Poplar Living Room
PDR - Poplar Dining Room

MLR - Magnolia Living Room
MFR - Magnolia Family Room
PP - Poplar Porch
MP - Magnolia Porch

BT - Bethesda Theater
RM - Residents Rooms
T - Terrace
MC - Meredith Chapel

REGULAR MENU

Menu is Subject to Change

Daily Entrée choices are shown in bold

**FOR QUESTIONS
CALL: 540-568-8232**

Saturday, August 29th

Breakfast	Entrée: Oatmeal ~or~ Sausage Cornbread Breakfast Casserole Sides: Scrambled Egg • Hash Brown Patty • Fresh Honeydew Cubes • Raspberry Danish
Lunch	Entrée: Miso Glazed Cod ~or~ Orange Glazed Pork Roast Sides: Barley Mushroom Pilaf • Seasoned Beets • Frosted White Cake
Supper	Entrée: Spaghetti & Meat Sauce ~or~ Eggplant Curry Sides: Caprese Salad • Fluffy Rice • Seasoned Zucchini • Parslied Carrots • Breadstick • Kiwi & Strawberries

Sunday, August 30th

Breakfast	Entrée: Oatmeal ~or~ Ham & Cheese Frittata Sides: Scrambled Egg • Bacon • Fresh Orange Wedges • WW English Muffin
Lunch	Entrée: Beef Pot Roast ~or~ Turkey Noodle Casserole Sides: Garlic Mashed Potatoes • Glazed Carrots • Wheat Dinner Roll • Sundae & Toppings
Supper	Entrée: Acapulco Chicken ~or~ Turkey California Wrap Sides: Potato Chips • Seasoned Snap Peas • Rosy Applesauce

Monday, August 31st

Breakfast	Entrée: Oatmeal ~or~ Pancakes Sides: Scrambled Egg • Cottage Cheese • Chilled Sliced Pears
Lunch	Entrée: Chicken Fricassee ~or~ Polish Sausage on Bun Sides: Garlic Noodles • Zucchini Parmesan • Savory Carrots • White Choc Macadamia Cookies
Supper	Entrée: Popcorn Shrimp ~or~ Vegetable Pizza Sides: Cucumber Dill Salad • Baked Sweet Potato • Carrot & Celery Sticks • Pears with Blueberries

Tuesday, September 1st

Breakfast	Entrée: Oatmeal ~or~ Asparagus Frittata Sides: Scrambled Egg • Bacon Strips • Tropical Fruit Salad
Lunch	Entrée: Salisbury Steak & Gravy ~or~ Turkey Club Sandwich Sides: Roasted Red Potatoes • Brussels Sprouts • California Blend Vegetables • Wheat Dinner Roll • Blondie Bar
Supper	Entrée: Tater Tot Casserole ~or~ Teriyaki Chicken Sides: Lettuce & Tomato Salad • Parslied Noodles • Stir Fry Vegetable Blend • Corn O'Brien • Fruit of the Forest Pie

Wednesday, September 2nd

Breakfast	Entrée: Oatmeal ~or~ Peach French Toast Bake Sides: Scrambled Egg • Sausage Link • Banana
Lunch	Entrée: Tilapia Ketchikan ~or~ Ham & Potato Casserole Sides: Marinated Tomato Salad • Quinoa • Stewed Tomatoes • Seasoned Green Peas • Black Forest Cheesecake
Supper	Entrée: Turkey a la King ~or~ Lentil Curry Sides: Coconut Rice • Roasted Red Potatoes • Herbed Green Beans • Sweet & Sour Beets • Breadstick • Fruit Cocktail in Whip Topping

Thursday, September 3rd

Breakfast	Entrée: Oatmeal ~or~ Fried Egg Sides: Scrambled Egg • Bacon • Fresh Orange Wedges • Wheat Bagel
Lunch	Entrée: Meatloaf & Gravy ~or~ Baked Ham Sides: Herbed Couscous • Gold Mashed Potatoes • Lemon Asparagus • Peppers & Onions • Wheat Dinner Roll • Chocolate Mousse
Supper	Entrée: Hawaiian Chicken ~or~ BBQ Beef on White Bun Sides: Marinated Mushrooms • Sweet Potato Fries • Sesame Ginger Snap Peas • Seasoned Spinach • Hawaiian Roll • Pineapple Upside Down Cake

Friday, September 4th

Breakfast	Entrée: Oatmeal ~or~ Hash Brown Casserole Sides: Scrambled Egg • Sausage Patty • Chilled Sliced Pears • Whole Grain Banana Muffin
Lunch	Entrée: BBQ Chicken Thighs ~or~ Seafood Fettucini Alfredo Sides: Rosemary Potatoes • Zucchini & Onions • Wax Beans • Blueberry Crisp
Supper	Entrée: Mongolian Beef ~or~ Reuben Sandwich Sides: Brown Rice • Multigrain Sunchips • Broccoli Spears • Peaches & Cream

Always Available to Request

- Garden Salad
- Fresh Fruit
- Tuna Salad / Sandwich
- Chicken Salad / Sandwich
- Peanut Butter and Jelly Sandwich
- Boiled Eggs
- Dry Cereal, Yogurt
- Cottage Cheese
- Tomato Soup
- Chicken Noodle Soup
- Fresh Fruit Platter with Fruit with Yogurt, a Protein Salad, or Cottage Cheese

WELLNESS MENU

Menu is Subject to Change

Daily Entrée choices are shown in bold

**FOR QUESTIONS
CALL: 540-568-8232**

Saturday, August 29th

Breakfast	Entrée: Oatmeal ~or~ Cheesy Scrambled Egg Sides: Scrambled Egg • Hash Brown Patty • Fresh Honeydew Cubes
Lunch	Entrée: Miso Glazed Cod ~or~ Orange Glazed Pork Roast Sides: Cilantro Rice • Seasoned Beets • Frosted White Cake
Supper	Entrée: Angel Pasta/Marinara ~or~ Eggplant Curry Sides: Soft Marinated Zucchini • Fluffy Rice • Seasoned Zucchini • Parslied Carrots • Breadstick • Kiwi & Strawberries

Sunday, August 30th

Breakfast	Entrée: Oatmeal ~or~ Scrambled Eggs with Cheese Sides: Scrambled Egg • Bacon • Fresh Orange Wedges • WW English Muffin
Lunch	Entrée: Beef Pot Roast ~or~ Turkey Noodle Casserole Sides: Garlic Mashed Potatoes • Glazed Carrots • Wheat Dinner Roll • Vanilla Ice Cream
Supper	Entrée: BBQ Chicken Breast ~or~ Turkey California Wrap Sides: Potato Chips • Seasoned Snap Peas • Rosy Applesauce

Monday, August 31st

Breakfast	Entrée: Oatmeal ~or~ Pancakes Sides: Scrambled Egg • Cottage Cheese • Chilled Sliced Pears
Lunch	Entrée: Chicken Fricassee ~or~ Pork Roast Sandwich on Wheat Sides: Garlic Noodles • Zucchini Parmesan • Savory Carrots • White Choc Macadamia Cookies
Supper	Entrée: Baked Fish ~or~ Cauliflower Pasta Sides: Cucumber Dill Salad • Baked Sweet Potato • Carrot & Celery Sticks • Pears with Blueberries

Tuesday, September 1st

Breakfast	Entrée: Oatmeal ~or~ Asparagus Frittata Sides: Scrambled Egg • Tropical Fruit Salad
Lunch	Entrée: Baked Beef Patty ~or~ Turkey Sandwich on Wheat Sides: Roasted Red Potatoes • Brussels Sprouts • California Blend Vegetables • Wheat Dinner Roll • Blondie Bar
Supper	Entrée: Beef & Pasta ~or~ Baked Chicken Thigh Sides: Lettuce & Tomato Salad • Parslied Noodles • Stir Fry Vegetable Blend • Cream Style Corn • Fruit of the Forest Pie

Wednesday, September 2nd

Breakfast	Entrée: Oatmeal ~or~ Peach French Toast Bake Sides: Scrambled Egg • Sausage Link • Banana
Lunch	Entrée: Baked Tilapia ~or~ Pork & Pasta Sides: Marinated Tomato Salad • Quinoa • Parslied Carrots • Seasoned Green Peas • Chocolate Pudding
Supper	Entrée: Turkey a la King ~or~ Lentil Curry Sides: Coconut Rice • Roasted Red Potatoes • Herbed Green Beans • Seasoned Beets • Breadstick • Fruit Cocktail in Whip Topping

Thursday, September 3rd

Breakfast	Entrée: Oatmeal ~or~ Egg Patty Sides: Scrambled Egg • Bacon • Fresh Orange Wedges • Wheat Bagel
Lunch	Entrée: Meatloaf & Gravy ~or~ Baked Ham Sides: Herbed Couscous • Gold Mashed Potatoes • Lemon Asparagus • Peppers & Onions • Wheat Dinner Roll • Chocolate Mousse
Supper	Entrée: Hawaiian Chicken ~or~ Hot Roast Beef on Wheat Sides: Marinated Mushrooms • Sweet Potato Fries • Seasoned Green Beans • Seasoned Spinach • Hawaiian Roll • Chilled Pineapple

Friday, September 4th

Breakfast	Entrée: Oatmeal ~or~ Dry White Toast Sides: Scrambled Egg • Chilled Sliced Pears
Lunch	Entrée: BBQ Chicken Thighs ~or~ Baked Fish & Pasta Sides: Rosemary Potatoes • Zucchini & Onions • Wax Beans • Blueberry Crisp
Supper	Entrée: Beef Cubes ~or~ Reuben Sandwich Sides: Brown Rice • Broccoli Spears • Chilled Sliced Peaches

Always Available to Request

- Garden Salad
- Fresh Fruit
- Tuna Salad / Sandwich
- Chicken Salad / Sandwich
- Peanut Butter and Jelly Sandwich
- Boiled Eggs
- Dry Cereal, Yogurt
- Cottage Cheese
- Tomato Soup
- Chicken Noodle Soup
- Fresh Fruit Platter with Fruit with Yogurt, a Protein Salad, or Cottage Cheese

SOFT & BITE-SIZED MENU

Menu is Subject to Change

Daily Entrée choices are shown in bold

**FOR QUESTIONS
CALL: 540-568-8232**

Saturday, August 29th

Breakfast	Entrée: Oatmeal ~or~ Cheesy Scrambled Egg Sides: Scrambled Egg • Sausage Patty • Mashed Potatoes • Chilled Diced Pears
Lunch	Entrée: Miso Glazed Cod ~or~ Orange Glazed Pork Roast Sides: Cilantro Rice • Seasoned Beets • Vanilla Frosted White Cake
Supper	Entrée: Meat Sauce & Spaghetti ~or~ Eggplant Curry Sides: Soft Marinated Zucchini • Fluffy Rice • Seasoned Zucchini • Parslied Carrots • Wheat Bread • Fresh Strawberries

Sunday, August 30th

Breakfast	Entrée: Oatmeal ~or~ Scrambled Eggs with Cheese Sides: Scrambled Egg • Sausage Patty • Chilled Mandarin Oranges • White Bread
Lunch	Entrée: Beef Pot Roast ~or~ Turkey Noodle Casserole Sides: Garlic Mashed Potatoes • Glazed Carrots • Wheat Bread • Vanilla Ice Cream
Supper	Entrée: BBQ Chicken Breast ~or~ Turkey Salad Sides: Creamed Peas • Rosy Applesauce

Monday, August 31st

Breakfast	Entrée: Oatmeal ~or~ Pancakes Sides: Scrambled Egg • Cottage Cheese • Chilled Pears
Lunch	Entrée: Chicken Fricassee ~or~ Pork Roast Sides: Garlic Noodles • Zucchini Parmesan • Savory Carrots • Sugar Cookies
Supper	Entrée: Baked Fish ~or~ Pasta with Cauliflower Sides: Sautéed Mushrooms • Sweet Potatoes • Soft Marinated Carrots • Chilled Pears

Tuesday, September 1st

Breakfast	Entrée: Oatmeal ~or~ Omelet Cheddar Sides: Scrambled Egg • Sausage Patty • Fruit Cocktail
Lunch	Entrée: Salisbury Steak & Gravy ~or~ Turkey Salad Sides: Roasted Red Potatoes • Seasoned Spinach • California Blend Vegetables • Wheat Bread • Sugar Cookies
Supper	Entrée: Tater Tot Casserole ~or~ Teriyaki Chicken Sides: Stewed Tomatoes • Parslied Noodles • Seasoned Green Beans • Cream Style Corn • Snickerdoodle Cookies

Wednesday, September 2nd

Breakfast	Entrée: Oatmeal ~or~ Cinnamon White Bread Sides: Scrambled Egg • Sausage Link • Banana Half
Lunch	Entrée: Tilapia Ketchikan ~or~ Ham & Potato Casserole Sides: Soft Marinated Tomato Salad • Quinoa • Stewed Tomatoes • Seasoned Green Peas • Black Forest Cheesecake
Supper	Entrée: Turkey a la King ~or~ Lentil Curry Sides: Coconut Rice • Mashed Potatoes • Herbed Green Beans • Sweet & Sour Beets • Chilled Pears

Thursday, September 3rd

Breakfast	Entrée: Oatmeal ~or~ Egg Round Sides: Scrambled Egg • Sausage Patty • Chilled Mandarin Oranges • White Bread
Lunch	Entrée: Meatloaf & Gravy ~or~ Baked Ham Sides: Herbed Couscous • Gold Mashed Potatoes • Zucchini • Seasoned Green Beans • Wheat Bread • Chocolate Mousse
Supper	Entrée: Chicken Breast Italian ~or~ BBQ Beef no Bun Sides: Soft Marinated Carrots • Sweet Potatoes • Seasoned Green Beans • Spinach • White Bread • Pineapple Upside Down Cake

Friday, September 4th

Breakfast	Entrée: Oatmeal ~or~ Hash Brown Casserole Sides: Scrambled Egg • Sausage Patty • Chilled Pears • Banana Muffin
Lunch	Entrée: BBQ Chicken ~or~ Seafood Fettucini Alfredo Sides: Mashed Potatoes • Zucchini & Onion • Wax Beans • Brownie
Supper	Entrée: Mongolian Beef ~or~ Corned Beef Sides: Brown Rice • Broccoli Spears • Peaches & Cream

Always Available to Request

- Garden Salad
- Fresh Fruit
- Tuna Salad / Sandwich
- Chicken Salad / Sandwich
- Peanut Butter and Jelly Sandwich
- Boiled Eggs
- Dry Cereal, Yogurt
- Cottage Cheese
- Tomato Soup
- Chicken Noodle Soup
- Fresh Fruit Platter with Fruit with Yogurt, a Protein Salad, or Cottage Cheese

MINCED & MOIST MENU

Menu is Subject to Change

Daily Entrée choices are shown in bold

**FOR QUESTIONS
CALL: 540-568-8232**

Saturday, August 29th

Breakfast	Entrée: Oatmeal ~or~ Cheesy Scrambled Egg Sides: Scrambled Egg • Sausage Link • Mashed Potatoes • Chilled Diced Pears
Lunch	Entrée: Miso Glazed Cod ~or~ Orange Glazed Pork Roast Sides: Cilantro Rice • Seasoned Beets • Vanilla Frosted White Cake
Supper	Entrée: Meat Sauce & Spaghetti ~or~ Eggplant Curry Sides: Soft Marinated Zucchini • Fluffy Rice • Seasoned Zucchini • Parslied Carrots • Wheat Bread • Fresh Strawberries

Sunday, August 30th

Breakfast	Entrée: Oatmeal ~or~ Scrambled Eggs with Cheese Sides: Scrambled Egg • Sausage Link • Chilled Mandarin Oranges • White Bread
Lunch	Entrée: Beef Pot Roast ~or~ Turkey Noodle Casserole Sides: Garlic Mashed Potatoes • Glazed Carrots • Wheat Bread • Vanilla Ice Cream
Supper	Entrée: BBQ Chicken Breast ~or~ Turkey Salad Sides: Creamed Peas • Rosy Applesauce

Monday, August 31st

Breakfast	Entrée: Oatmeal ~or~ Pancakes Sides: Scrambled Egg • Cottage Cheese • Chilled Pears
Lunch	Entrée: Chicken Fricassee ~or~ Pork Roast Sides: Garlic Noodles • Zucchini Parmesan • Savory Carrots • Sugar Cookies
Supper	Entrée: Baked Fish ~or~ Cauliflower Pasta Sides: Sautéed Mushrooms • Sweet Potatoes • Soft Marinated Carrots • Chilled Pears

Tuesday, September 1st

Breakfast	Entrée: Oatmeal ~or~ Cheese Omelet Sides: Scrambled Egg • Sausage Link • Fruit Cocktail
Lunch	Entrée: Salisbury Steak & Gravy ~or~ Turkey Salad Sides: Roasted Red Potatoes • Seasoned Spinach • California Blend Vegetables • Wheat Bread • Sugar Cookies
Supper	Entrée: Tater Tot Casserole ~or~ Teriyaki Chicken Sides: Stewed Tomatoes • Parslied Noodles • Seasoned Green Beans • Cream Style Corn • Snickerdoodle Cookies

Wednesday, September 2nd

Breakfast	Entrée: Oatmeal ~or~ Cinnamon White Bread Sides: Scrambled Egg • Sausage Link • Banana Half
Lunch	Entrée: Tilapia Ketchikan ~or~ Ham & Potato Casserole Sides: Soft Marinated Tomato Salad • Quinoa • Stewed Tomatoes • Seasoned Green Peas • Black Forest Cheesecake
Supper	Entrée: Turkey a la King ~or~ Lentil Curry Sides: Coconut Rice • Mashed Potatoes • Herb Green Beans • Sweet & Sour Beets • Chilled Pears

Thursday, September 3rd

Breakfast	Entrée: Oatmeal ~or~ Egg Round Sides: Scrambled Egg • Sausage Link • Chilled Mandarin Oranges • White Bread
Lunch	Entrée: Meatloaf & Gravy ~or~ Baked Ham Sides: Herbed Couscous • Gold Mashed Potatoes • Zucchini • Seasoned Green Beans • Wheat Bread • Chocolate Mousse
Supper	Entrée: Chicken Breast Italian ~or~ BBQ Beef no Bun Sides: Soft Marinated Carrots • Sweet Potatoes • Seasoned Green Beans • Spinach • White Bread • Pineapple Upside Down Cake

Friday, September 4th

Breakfast	Entrée: Oatmeal ~or~ Hash Brown Casserole Sides: Scrambled Egg • Sausage Link • Chilled Pears • Banana Muffin
Lunch	Entrée: BBQ Chicken Thighs ~or~ Seafood Fettucini Alfredo Sides: Mashed Potatoes • Zucchini & Onion • Wax Beans • Brownie
Supper	Entrée: Mongolian Beef ~or~ Corned Beef Sides: Brown Rice • Broccoli Spears • Peaches & Cream

Always Available to Request

- Garden Salad
- Fresh Fruit
- Tuna Salad / Sandwich
- Chicken Salad / Sandwich
- Peanut Butter and Jelly Sandwich
- Boiled Eggs
- Dry Cereal, Yogurt
- Cottage Cheese
- Tomato Soup
- Chicken Noodle Soup
- Fresh Fruit Platter with Fruit with Yogurt, a Protein Salad, or Cottage Cheese

PUREE MENU

Menu is Subject to Change

Daily Entrée choices are shown in bold

**FOR QUESTIONS
CALL: 540-568-8232**

Saturday, August 29th

Breakfast	Entrée: Oatmeal ~or~ Scrambled Eggs with Cheese Sides: Scrambled Eggs • Sausage Patty • Mashed Potatoes • Chilled Diced Pears
Lunch	Entrée: Miso Glazed Cod ~or~ Orange Glaze Pork Roast Sides: Cilantro Rice • Seasoned Beets • Frosted White Cake
Supper	Entrée: Meat Sauce & Spaghetti ~or~ Eggplant Curry Sides: Soft Marinated Zucchini • Fluffy Rice • Seasoned Zucchini • Parsley Carrots • Breadstick • Fresh Strawberries

Sunday, August 30th

Breakfast	Entrée: Oatmeal ~or~ Scrambled Eggs with Cheese Sides: Scrambled Eggs • Sausage Patty • Chilled Mandarin Oranges • White Toast
Lunch	Entrée: Beef Pot Roast ~or~ Turkey Noodle Casserole Sides: Garlic Mashed Potatoes • Glazed Carrots • Wheat Roll • Vanilla Ice Cream
Supper	Entrée: BBQ Chicken Breast ~or~ Roast Turkey Sides: Creamed Peas • Rosy Applesauce

Monday, August 31st

Breakfast	Entrée: Oatmeal ~or~ Pancakes Sides: Scrambled Eggs • Cottage Cheese • Chilled Pears
Lunch	Entrée: Chicken Fricassee ~or~ Pork Roast Sides: Garlic Noodles • Zucchini Parmesan • Savory Carrots • Sugar Cookies
Supper	Entrée: Popcorn Shrimp ~or~ Vegetable Pizza Sides: Sautéed Mushrooms • Sweet Potatoes • Soft Marinated Carrots • Chilled Pears

Tuesday, September 1st

Breakfast	Entrée: Oatmeal ~or~ Cheese Omelet Sides: Scrambled Eggs • Sausage Patty • Chilled Tropical Fruit
Lunch	Entrée: Salisbury Steak & Gravy ~or~ Turkey Salad Sides: Mashed Potatoes • Seasoned Spinach • California Blend Vegetables • Wheat Roll • Sugar Cookies
Supper	Entrée: Tater Tot Casserole ~or~ Teriyaki Chicken Sides: Stewed Tomatoes • Parslied Noodles • Seasoned Green Beans • Cream Style Corn • Snickerdoodle Cookies

Wednesday, September 2nd

Breakfast	Entrée: Oatmeal ~or~ Peach French Toast Bake Sides: Scrambled Eggs • Sausage Link • Banana Half
Lunch	Entrée: Tilapia Ketchikan ~or~ Ham & Potato Casserole Sides: Soft Marinated Tomato Salad • Quinoa • Stewed Tomatoes • Seasoned Green Peas • Black Forest Cheesecake
Supper	Entrée: Turkey a la King ~or~ Lentil Curry Sides: Coconut Rice • Mashed Potatoes • Herbed Green Beans • Sweet & Sour Beets • Breadstick • Chilled Pears

Thursday, September 3rd

Breakfast	Entrée: Oatmeal ~or~ Scrambled Eggs Sides: Sausage Patty • Chilled Mandarin Oranges • White Toast
Lunch	Entrée: Meatloaf & Gravy ~or~ Baked Ham Sides: Herbed Couscous • Mashed Potatoes • Seasoned Zucchini • Peppers & Onions • Wheat Roll • Chocolate Mousse
Supper	Entrée: Chicken Breast Italian ~or~ BBQ Beef no Bun Sides: Soft Marinated Carrots • Sweet Potatoes • Seasoned Green Beans • Seasoned Spinach • Hawaiian Roll • Pineapple Upside Down Cake

Friday, September 4th

Breakfast	Entrée: Oatmeal ~or~ Hash Brown Casserole Sides: Scrambled Eggs • Sausage Patty • Chilled Pears • Banana Muffin
Lunch	Entrée: Baked Chicken Breast ~or~ Seafood Fettucini Alfredo Sides: Mashed Potatoes • Zucchini & Onion • Wax Beans • Brownie
Supper	Entrée: Mongolian Beef ~or~ Corned Beef Sides: Brown Rice • Broccoli Spears • Peaches & Cream

Always Available to Request

- Garden Salad
- Fresh Fruit
- Tuna Salad / Sandwich
- Chicken Salad / Sandwich
- Peanut Butter and Jelly Sandwich
- Boiled Eggs
- Dry Cereal, Yogurt
- Cottage Cheese
- Tomato Soup
- Chicken Noodle Soup
- Fresh Fruit Platter with Fruit with Yogurt, a Protein Salad, or Cottage Cheese

HAND HELD MENU

Menu is Subject to Change

Daily Entrée choices are shown in bold

**FOR QUESTIONS
CALL: 540-568-8232**

Saturday, August 29th

Breakfast	Entrée: Mug of Oatmeal ~or~ Sausage Cornbread Breakfast Casserole Sides: Hard Boiled Egg • Sausage Patty • Hash Brown Patty • Fresh Honeydew Cubes
Lunch	Entrée: Baked Cod ~or~ Orange Glazed Pork Roast Sides: Rice Patty • Dilled Baby Carrots • Frosted White Cake
Supper	Entrée: Herbed Penne Pasta ~or~ Breaded Eggplant Sides: Cucumber Slices • Rice Patty • Seasoned Zucchini • Parslied Carrots • Breadstick • Kiwi & Strawberries

Sunday, August 30th

Breakfast	Entrée: Mug of Oatmeal ~or~ Ham & Cheese Frittata Sides: Hard Boiled Egg • Bacon • Fresh Orange Wedges • Dry White Toast
Lunch	Entrée: Beef Pot Roast ~or~ Sliced Turkey on Wheat Sides: Boiled Potatoes • Parslied Carrots • Wheat Dinner Roll • Cone of Vanilla Ice Cream
Supper	Entrée: BBQ Chicken Breast ~or~ Turkey California Wrap Sides: Potato Chips • Seasoned Snap Peas • Chilled Apple Slices

Monday, August 31st

Breakfast	Entrée: Mug of Oatmeal ~or~ Pancakes Sides: Hard Boiled Egg • Chilled Sliced Pears
Lunch	Entrée: Baked Chicken ~or~ Polish Sausage on Bun Sides: Seasoned Egg Noodles • Zucchini Parmesan • Savory Carrots • White Choc Macadamia Cookies
Supper	Entrée: Popcorn Shrimp ~or~ Vegetable Pizza Sides: Cucumber Slices • Sweet Potato Fries • Carrot & Celery Sticks • Pears with Blueberries

Tuesday, September 1st

Breakfast	Entrée: Mug of Oatmeal ~or~ Asparagus Frittata Sides: Hard Boiled Egg • Bacon Strips • Tropical Fruit Salad
Lunch	Entrée: Baked Beef Patty ~or~ Turkey Club Sandwich Sides: Roasted Red Potatoes • Brussels Sprouts • California Blend Vegetables • Wheat Dinner Roll • Blondie Bar
Supper	Entrée: Beef and Pasta ~or~ Baked Chicken Sides: Tomato Wedges • Parslied Noodles • Seasoned Green Beans • Corn Cobbette • Snickerdoodle Cookies

Wednesday, September 2nd

Breakfast	Entrée: Mug of Oatmeal ~or~ Cinnamon French Toast Sides: Hard Boiled Egg • Sausage Link • Banana
Lunch	Entrée: Baked Tilapia ~or~ Pork & Pasta Sides: Soft Marinated Tomato Salad • Tri-Color Rotini • Parslied Carrots • Seasoned Green Peas • Cone of Chocolate Pudding
Supper	Entrée: Roasted Turkey & Bowl Gravy ~or~ Mug of Lentil Curry Sides: Potato Pancake • French Fried Potatoes • Herbed Green Beans • Carrot Sticks • Breadstick • Chilled Fruit Cocktail

Thursday, September 3rd

Breakfast	Entrée: Mug of Oatmeal ~or~ Egg Round Sides: Hard Boiled Egg • Bacon • Fresh Orange Wedges • Wheat Bagel
Lunch	Entrée: Baked Beef Patty ~or~ Baked Ham Sides: Rice Patty • French Fries • Lemon Asparagus • Peppers & Onions • Wheat Dinner Roll • Cone of Chocolate Mousse
Supper	Entrée: Grilled Chicken Breast ~or~ BBQ Beef on White Bun Sides: Marinated Mushrooms • Sweet Potato Fries • Sesame Ginger Snap Peas • Zucchini with Oregano • Hawaiian Roll • Chilled Pineapple

Friday, September 4th

Breakfast	Entrée: Mug of Oatmeal ~or~ Dry White Toast Sides: Hard Boiled Egg • Sausage Patty • Chilled Sliced Pears • Whole Grain Banana Muffin
Lunch	Entrée: Chicken/Bowl of BBQ Sauce ~or~ Baked Fish & Pasta Sides: Rosemary Potatoes • Zucchini & Onions • Wax Beans • Brownie
Supper	Entrée: Beef Cubes ~or~ Reuben Sandwich Sides: Garlic Noodles • Broccoli Spears • Chilled Sliced Peaches

Always Available to Request

- Garden Salad
- Fresh Fruit
- Tuna Salad / Sandwich
- Chicken Salad / Sandwich
- Peanut Butter and Jelly Sandwich
- Boiled Eggs
- Dry Cereal, Yogurt
- Cottage Cheese
- Tomato Soup
- Chicken Noodle Soup
- Fresh Fruit Platter with Fruit with Yogurt, a Protein Salad, or Cottage Cheese